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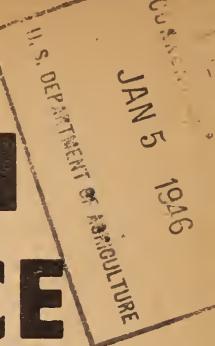
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MONTHLY



INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION, Office of Distribution
Industrial Feeding Section
150 Broadway, New York 7, N.Y.

January, 1945

No. 4

NEW JERSEY FOOD GROUP
VISITS MERCK PLANT
TO INSPECT WORKER FEEDING

Each month the Industrial Food Operators Section of the Essex County (N.J.) Industrial Nutrition Committee visits an industrial plant upon invitation from management and the cafeteria manager.

The December trip was made to Merck and Co., Rahway, New Jersey. It is estimated that above 80 percent of the Merck employees who patronize the cafeteria buy plate lunches.

After inspection of the feeding facilities, the food operators held a two hour discussion and advised on matters pertaining to the operation of the lunch service at the Merck plant. A program of nutrition education was also outlined.

Representatives of management who sat in on the meeting expressed appreciation for assistance given them through this discussion.

Visiting food operators who attend these meetings state that they derive great benefit from the discussions since many of the points considered are applicable to their own food operators.

HARTFORD RED CROSS
CONDUCTS COURSES
ON NUTRITION EDUCATION

The American Red Cross in Hartford, Connecticut has been working on nutrition education with industrial groups.

One hundred nurses at the Pratt-Whitney Aircraft Corporation in Hartford were given a nutrition course by the Red Cross. Information obtained in this way is passed on by the nurses in their contacts with the workers.

The Hartford Chapter has also completed its second Modified Nutrition Course for Restaurant and Cafeteria operators in cooperation with the local Chamber of Commerce, Electric Light Company, Gas Company, and the Board of Health. Average attendance for each of the four sessions has been 45.

If you have not yet received a copy of PLANNING MEALS FOR INDUSTRIAL WORKERS, write to the Regional Office of the War Food Administration for it. This 28 page bulletin gives suggestions for planning meals which meet nutritional standards, master menus, canteen lunch services, cold lunches and between-meal snacks. It also discusses workers' needs, and types of industrial food services.

MACARONI SPAGHETTI DISHES
MAKE GOOD MEAT EXTENDERS

Macaroni, spaghetti, and noodles are among the abundant foods in January, just in time to take the lime-light as meat-extender and meat-alternate dishes.

Stretch the rationed meats by making frequent use of combinations of meat and other protein-rich foods with the universally popular pasta products. Excellent combinations include:

Macaroni and cheese loaf with tomato sauce

Macaroni baked with cheese sauce

Mararoni, tomatoes, onion, green pepper baked with bacon strips

Macaroni with tomatoes, onion, and chopped smacked ham

Italian spaghetti with meat balls

Spaghetti casserole with shredded carrots, diced celery, green pepper, and cubed pork shoulder

Spaghetti, tomato sauce, and ground Cheddar cheese

Spaghetti with meat sauce

Noodles scalloped with diced chicken and mushrooms

Noodles scalloped with diced celery and tuna fish

Noodles baked with hard-cooked eggs and cheese sauce

Boiled noodles with meat sauce

Noodle ring filled with creamed chicken or veal

Noodles baked with cheese sauce

It was the Chinese, not the Italians, who first used these foods and later introduced them into Europe. The Italians popularized them by using them in many delicious ways, and Italian spaghetti and macaroni dishes are universally used and liked.

Spaghetti and macaroni are made from durum wheat, a hard wheat that has a high gluten content. The wheat meal called semolina, is mixed with water and kneaded into a smooth, tough dough. The dough is forced under pressure through holes in a cylinder which shapes

TOMATO-MEAT SAUCE
(Bureau of Human Nutrition and Home Economics - U.S.D.A.)

2½ cups fresh or canned (No. 2 can) tomatoes

½ garlic clove

1 bay leaf

3/4 pound ground beef

¼ cup chopped onion

½ cup minced green pepper

2 tablespoons fat

2 tablespoons flour

1 teaspoon sugar, if desired

1 teaspoon salt

Pepper

Cook together the tomatoes, garlic, and bay leaf -- about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Brown the beef, onion, and green pepper in the fat. Blend in the flour. Add cooled, sieved tomatoes, sugar (if used), salt, and pepper. Cook over low heat, stirring constantly, until thickened. Serve hot on cooked spaghetti, noodles, or rice.

it into the desired form. The same dough is used for a wide variety of pasta products that range from long tubes of macaroni, or fine threads of vermicelli to macaroni alphabets and shells. Noodles differ from the mararoni pastes in that they are made of ordinary wheat flour and contain eggs. Making noodles is a household art practiced by many homemakers who gain fame for home-made noodle soup, chicken and noodles and other delicious dishes.

Italian-born housewives often make their own macaroni and spaghetti at home, drying the long strips over rods hung in the kitchen. They take justifiable pride in the delicious dishes they prepare from those home-made products.

A typical Italian dinner is usually a well-planned, nutritious meal. Spaghetti with meat balls or meat sauce, cheese, crusty bread, a leafy (Cont. on Page 3)

MEAT EXTENDERS (Cont. from Page 2)

green salad with olive oil dressing, fresh fruit and beverage offers a well-balanced diet with vitamins, minerals, and protein.

Spaghetti, macaroni, and noodles are all soft in texture, bland in flavor, and colorless. It is well to remember that texture contrast adds zest to any meal. The tossed, green salad is a good addition to the spaghetti, macaroni, or noodle-dish dinner, not only because it is a contrast in texture but also because it adds color and piquant flavor to the meal.

When macaroni, spaghetti, and noodles are used in hot dishes, they should be thoroughly cooked

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and well seasoned. Cook them in boiling water until tender -- the time will vary with the kind of pasta from about 10 to 20 minutes. Drain the cooked product in a colander and rinse with boiling water to separate the pieces. Use in a casserole dish, or serve with a delicious sauce, Italian style. Serve the crisp, colorful salad or a fresh fruit salad for texture contrast and color. Or use sliced tomatoes, celery hearts, carrot sticks, raw turnip slices. When no meat is used in the mixture, a custard type of dessert will improve the nutritive value of the meal.

There's no reason why a meatless dinner should be a drab occasion when, with careful planning and forethought, it can be a feast. Be sure to remember to add color, flavor, and texture contrast when planning the meal.

